

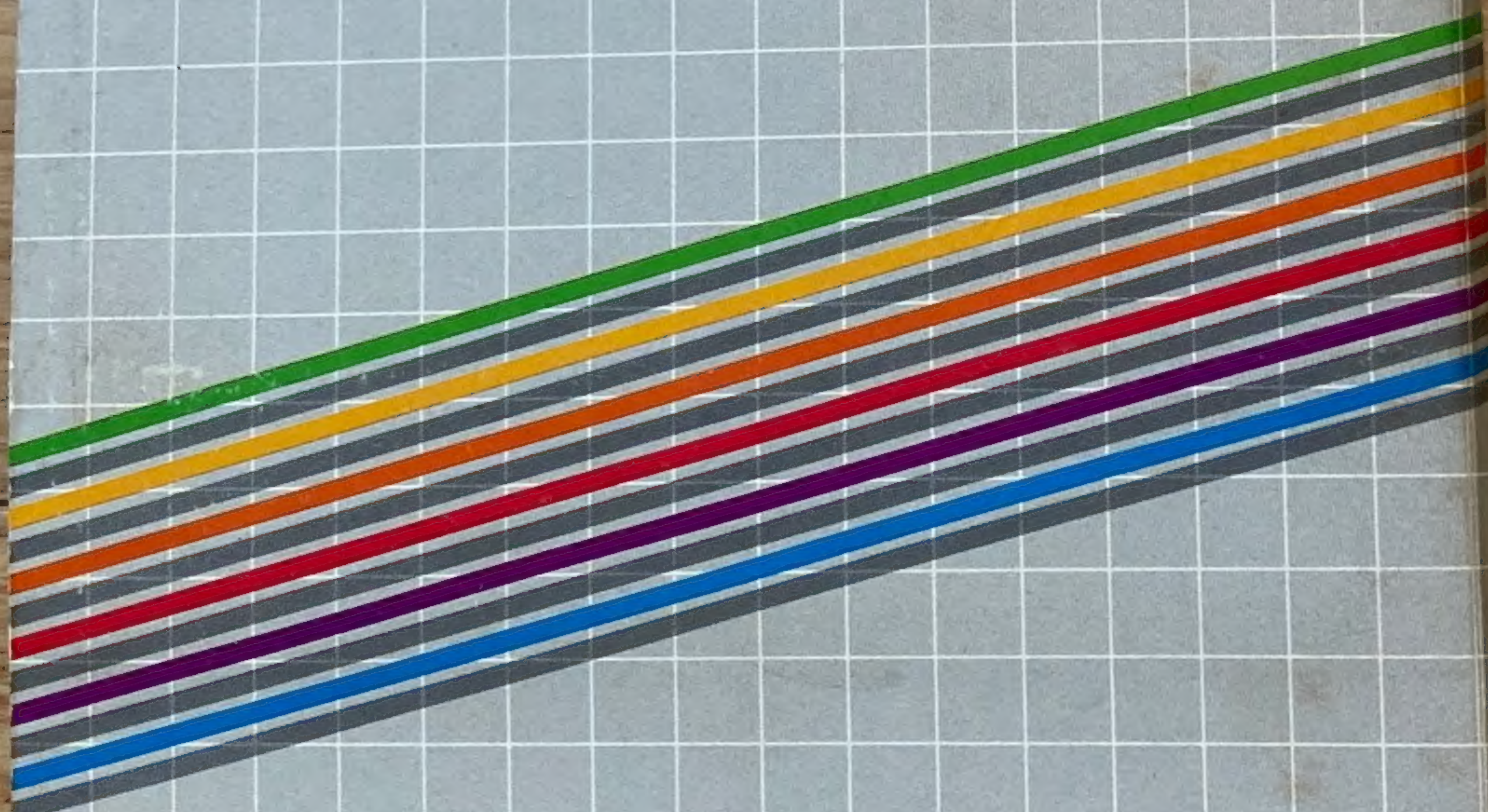


DIET ANALYSIS

C2H0007 BACKUP

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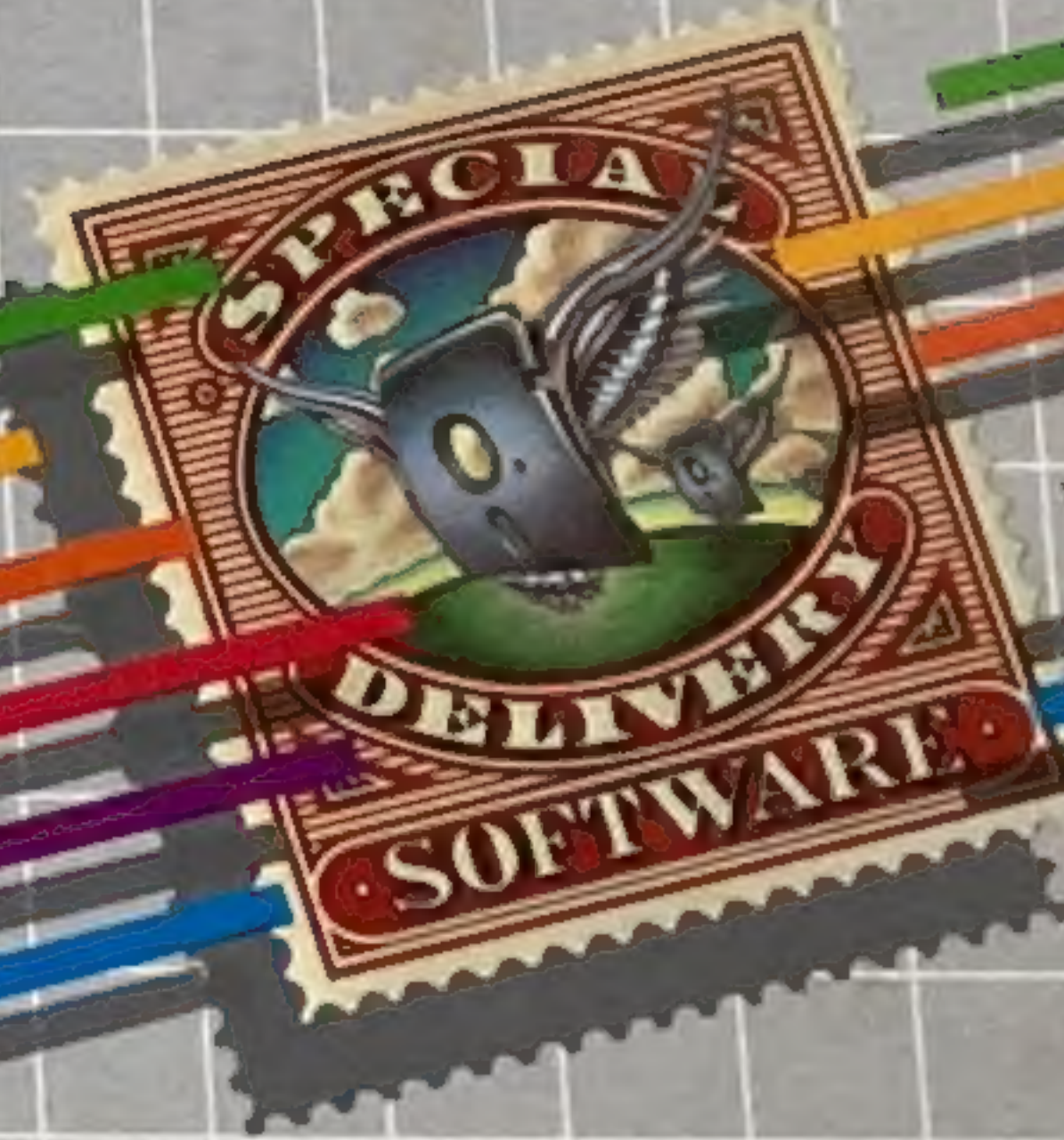
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Written By: Javed Aslam, M.D. and
Tess Enterprises Inc.

In Conjunction with Apple Computer Inc.



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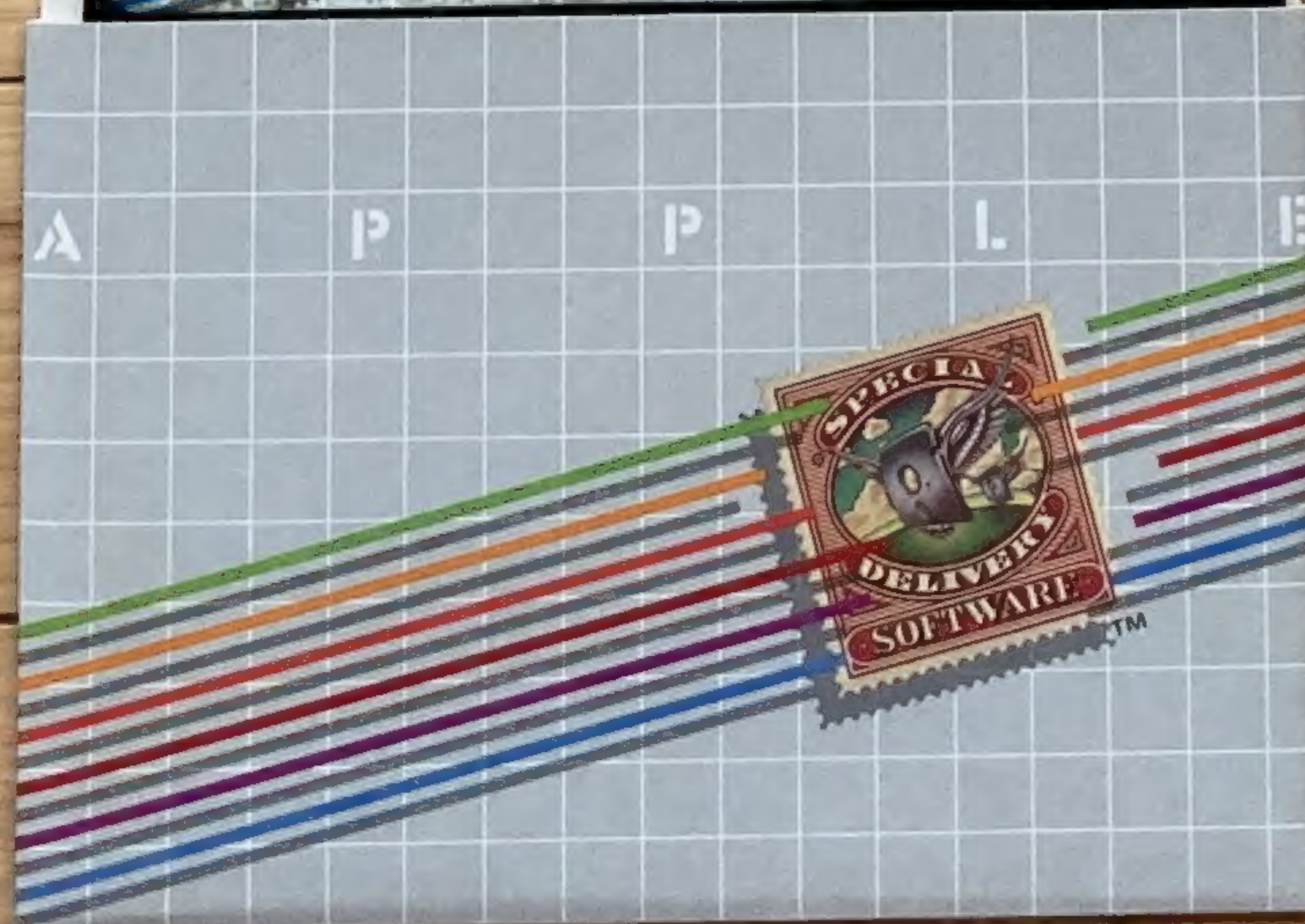
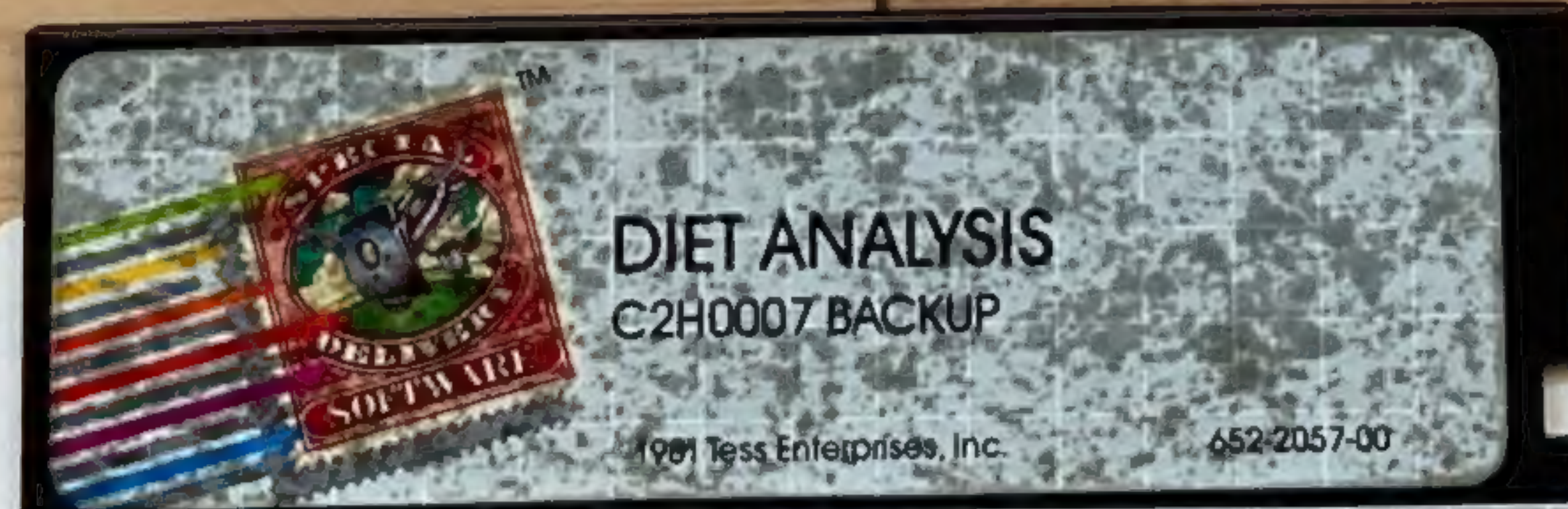
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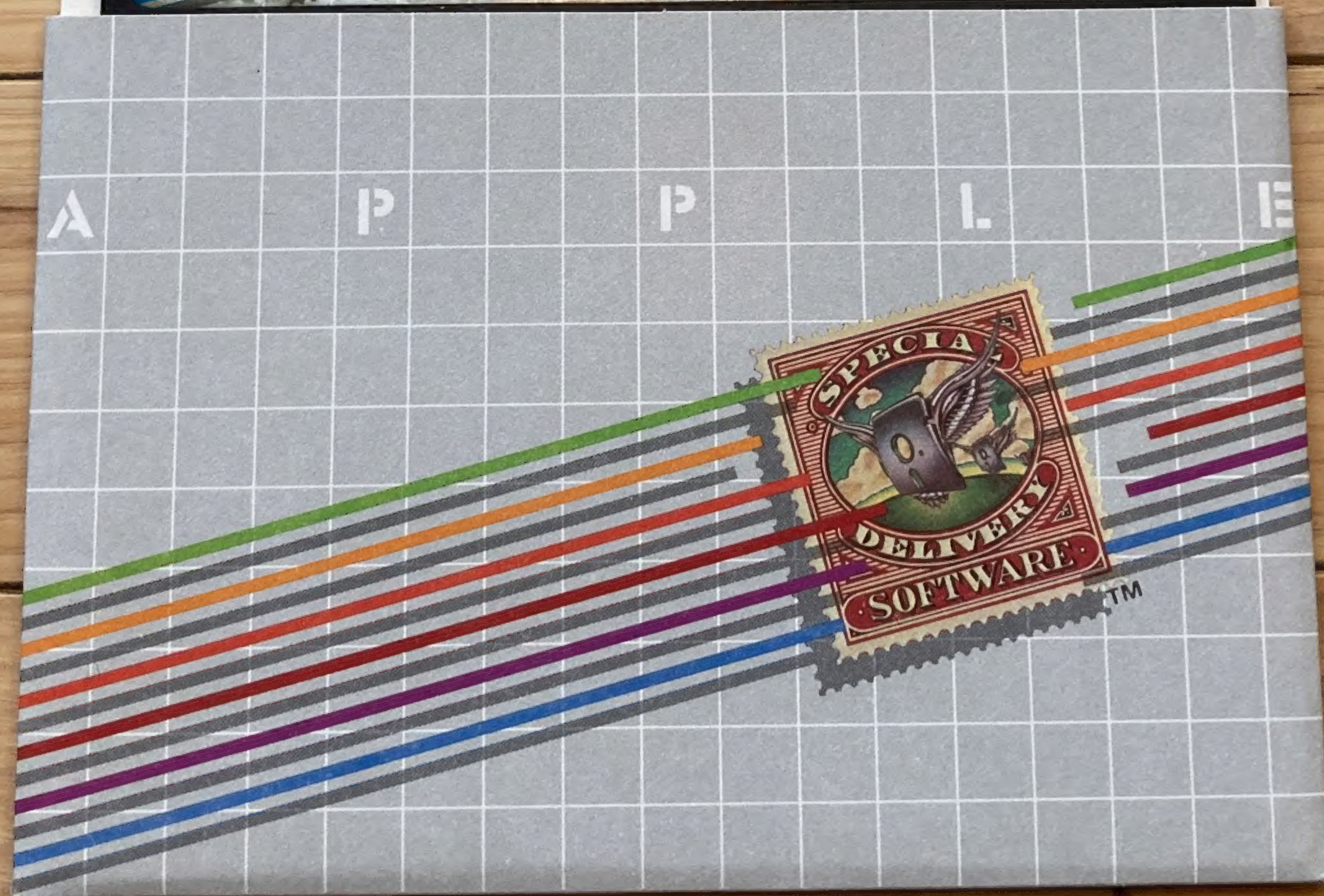
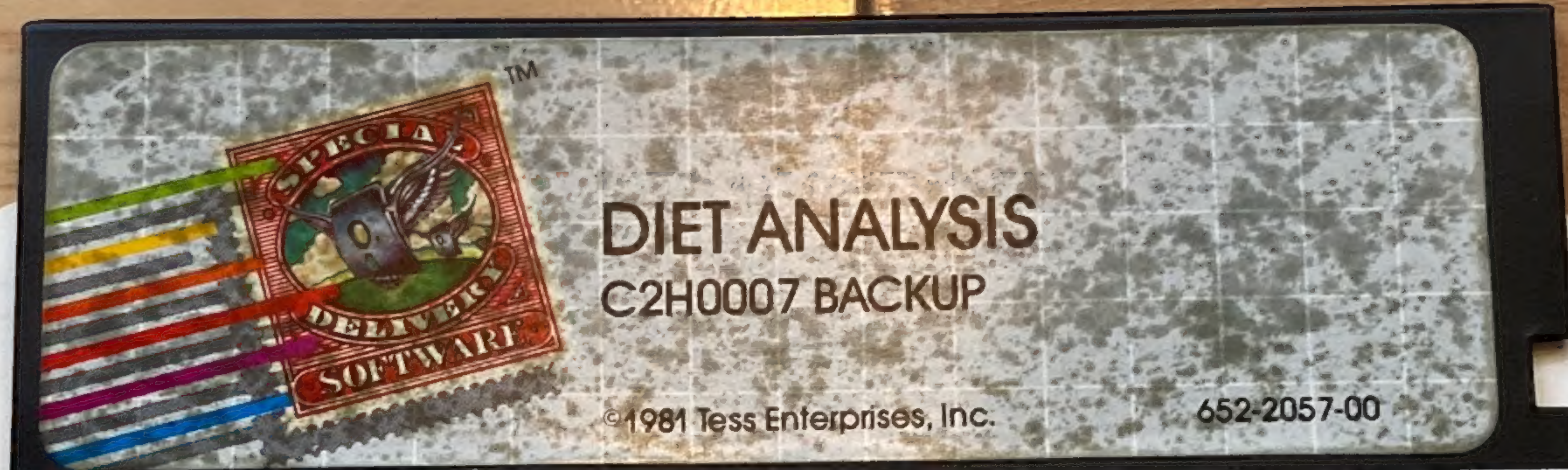
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Wrong or unreliable results even for one day will ruin the accuracy of your averages for all days to come.

To find out how to discard inaccurate entries for a certain day, before getting the results into your permanent files, see the chapter 'DAYS END'.

Weight Update

'If you don't tell us, we won't know'

This little routine allows you to enter your weight, height and physical activity level into your files as often as every day. The updated figures are kept in a temporary 'scratch pad' file and only included into your own files the next day you have a food entry. In other words, updating these figures is meaningless unless each update is followed by a day of food entry.

The food entry program assumes that your current weight is the one recorded in your 'scratch pad' file and uses it to include in that day's entry. It is up to you to keep this 'scratch pad' file up to date.

1. Select item 5 (WEIGHT UPDATE) from the master menu.

Instead of the usual current status display, you will see a different screen format showing the date of last weight update of each participant.

2. Enter your first name when asked.
3. You will be shown your current height, weight and physical activity status along with the date they were last updated.
4. Enter today's date

It does not serve any purpose to backtrack and enter an earlier date. Entering a date earlier than your last food entry is useless and is rejected.

5. Then enter your data. The height is not expected to be changed in a grownup, so press return and the old figure will be kept.
6. The new figures are displayed after the update is complete.

The above is the voluntary way of updating your weight etc. When you do the next routine the 'days end', you will be asked to do a weight update if you wish. See below for details.

Day's End Procedure

'When you are through eating for the day.'

Unlike the practice session, where the analysis was automatic and you were presented the results after the meal entry, the procedure from now on is going to be different. The analysis is not done until all your entries for the day are complete. Once you know that you have consumed all you are going to for the day, you simply put a routine into action which will take each and every one of your foods, determine its composition, total up the results for the day and store these into your own file along with the date of the food entry. This routine is called the 'DAYS END' routine.

The participants can do their 'days end' routines at their own convenience. In other words, everyone's food entries do not have to be complete for one person to do his or her 'DAYS END' routine. However, no one can start the next day's entries until everyone has finished the previous day and done the days end routine.

DAYS END PROCEDURE (ONE DISK DRIVE)

1. From menu select option 3 (days end)

This routine will not run if the entry file is empty. Before the program is loaded, you will be presented a screen display showing the date of the last weight update. When the DAYS END routine runs, it takes your last entered height, weight and physical activity data, and enters them into that days file. That file is then closed. Therefore if you have changed your weight, this is the last chance to update it so that it will get into today's file. Otherwise it will be included in the next days file.

IF NONE OF THE PARTICIPANTS WISH TO UPDATE their weight, then answer N and the DAYS END program will start loading.

2. Type your name when the current status display appears.
3. A few seconds later you will be asked to remove the master programs diskette from the drive and replace it with the composition diskette.

4. After the disks are exchanged, press return and then sit back.

The computer will gather your food composition and when finished its additions and multiplications, will present you the results for the day. The data is on three pages. Press space bar to see the other two. Page two has the vitamins, page three the minerals. The foods you entered are listed on the right. To see the amounts also, press 'esc'. When you are through examining, press return. You will be asked to keep your hands off



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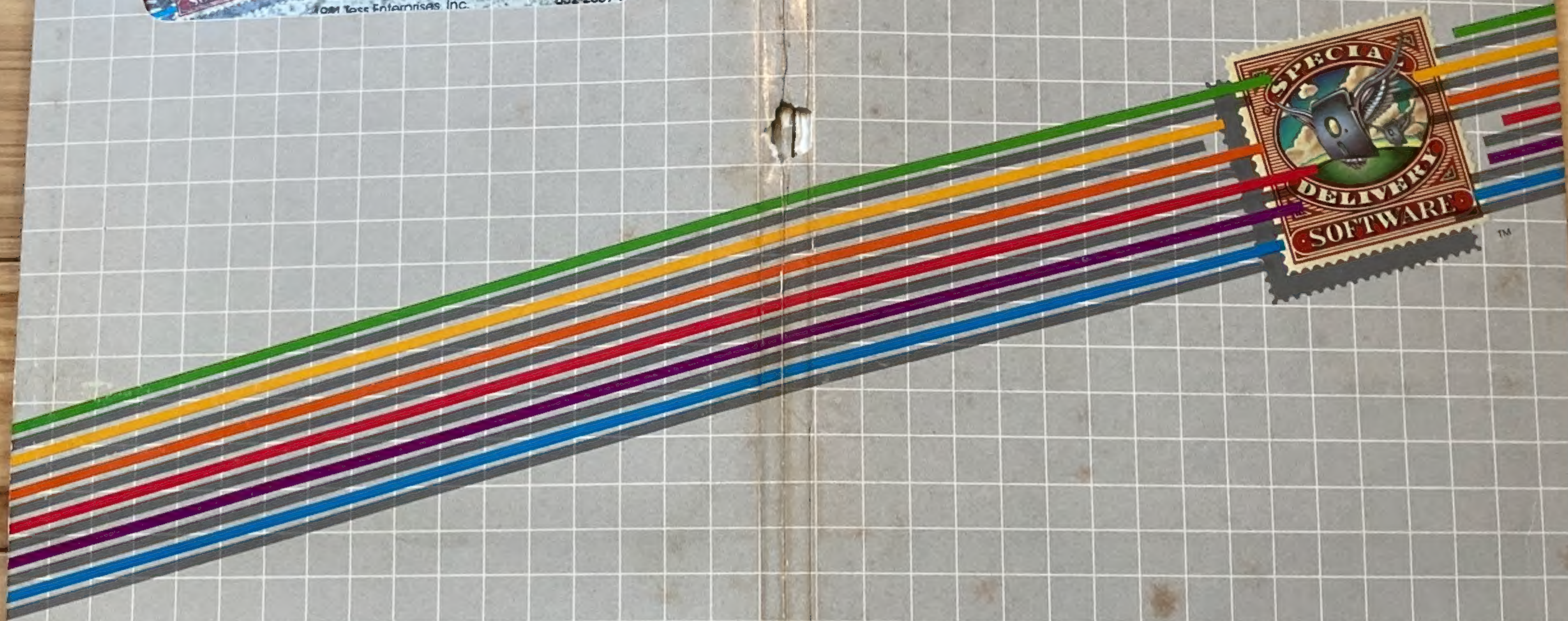
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